



Broccoli Almond Protein Salad

4 servings

20 minutes

Ingredients

364 grams Broccoli (chopped into small florets & lightly steamed)
310 grams Frozen Edamame (Green)
4 stalks Green Onion (Spring Onion) (sliced)
72 grams Almonds (chopped)
63 grams Almond Butter
15 milliliters Rice Vinegar
18 grams Tamari (or Coconut Aminos)
20 grams Maple Syrup
15 milliliters Sesame Oil
1 Garlic (clove, minced)
30 milliliters Water

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, spring onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.

Raw Broccoli: You can leave the broccoli raw if you prefer.

Nutrition

Amount per serving	
Calories	376
Fat	26g
Carbs	24g
Fiber	11g
Sugar	8g
Protein	20g
Potassium	917mg
Vitamin A	1278IU
Vitamin C	88mg
Calcium	209mg
Iron	4mg
Vitamin D	0IU
Vitamin E	10mg
Folate	319µg
Vitamin B12	0µg

Magnesium	166mg
Zinc	3mg
Selenium	4µg